

## **Pea Salad**

Pea salad is usually made with raw peas. Pea salad is slower to spoil than its cousin, the chicken salad. It makes a good summer picnic vegetable. However, due to the eggs and mayonnaise, avoid leaving in the sun, or outside of refrigeration for lengthy periods of time. This can be a quick way to use up mayonnaise and boiled eggs during a power outage. Some people like to add bread or cracker crumbs for texture. Be sure they are gluten free. In a mixed gluten/gluten free household, be aware of gluten crumbles in food jars, such as mayonnaise.

### **Pre Cook Preparation:**

Marinate: No, though it is better after 12 hours of refrigeration

- A. Set timer to boil eggs for one hour before meal preparation
- B. Set timer to one hour while eggs boil
- C. Eggs need to cool before shelling
- D. Set timer for 10 to 15 minutes of preparation time

### **Meal Adaptations:**

#### **Physical Accommodations:**

Frozen or canned vegetables can be used  
Sit on a stool while stirring

#### **Visual Accommodations:**

Colored mixing bowls

#### **Potential Food Allergy or Intolerance:**

Crackers  
Crumbs (gluten)  
Eggs  
Mayonnaise  
Onion  
Pepper  
Relish  
Spices

#### **Meatless Preparation Avoid:**

Eggs  
Substitute with: \_\_\_\_\_

### **Utensils:**

Chopping board  
Mixing bowl  
Paring knife  
Wooden spoon  
Pan: 2 to 3 quart sauce pan

**Ingredients:****Meat:**

4 boiled eggs

**Vegetables:****Optional:**

1/4 cup chopped onion

15 ounces of peas

**Other ingredients:**

1/4 cup chopped celery

1/2 cup of mayonnaise (adjust as needed)

2 tablespoons of pickle relish (or diced pickles)

Dash of salt

Spices, such as pepper, to taste

(Commonly includes: garlic powder, lemon pepper)

**Optional:**

Cracker crumbs (gluten free)

**Preparation time: 10 minutes**

**Preparation:**

1. Boil at full boil for 10 minutes 4 eggs.

Takes about 45 minutes to an hour.

2. Chop and add to medium sized mixing bowl:

1/4 cup of celery

4 boiled eggs

1/2 cup of mayonnaise (adjust as needed)

1/4 cup of onions

2 tablespoons of pickles

**Optional:**

15 ounces of peas

Spices, such as pepper, to taste

Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.

4. Add more mayonnaise if needed.

5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

**Cook Temperature: None**

**Cook Time: None**

**Servings: 4**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes and place in the fridge**

**Fridge safe: 3 to 5 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: Don't freeze \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Allow to warm on plate for 3 to 5 minutes before eating.**